



U.S. ARMY AVIATION CENTER
FORT RUCKER, ALABAMA 36362-5000
"Our Mission is Warfighting!"



ISSUE 1-06

RETIREMENT SERVICES BULLETIN

FALL 2006

This is an official bulletin published annually under the authority of AR 600-8-7 by the Retirement Services Office, Adjutant General/Military Personnel Division, Fort Rucker, Alabama, as a service to Army retirees and their family/survivors residing within the geographical jurisdiction of the installation. Official information contained herein is valid until changed or superseded in a later issue of the Bulletin or other official publications. Editorial comments are not necessarily those of the Command or the US Army.

Fort Rucker Retiree Council Co-Chairmen Column

COL (R) Bob Bunting & CSM (R) Charles Frye

Another year has passed and it is time for the readers to begin thinking about attending Retiree Appreciation Days (RAD) at Fort Rucker. The RAD is scheduled for 27 and 28 October this year. The Retirement Services Office, Lyster Army Health Clinic and the Retiree Council are busy planning activities for the RAD. The highlight of the activities is the Health Fair held at Lyster on Friday. Things sure have changed over the years as we look forward to getting the flu vaccine on the 27th. Remember when getting all those shots years ago was anything but a "looked forward to" experience. Door prizes will be given out each day; Saturday will have that old favorite "SOS" for breakfast. Speakers from the National Association for Uniform Services and Fort Mitchell National Cemetery will brief us on important issues. A panel of local experts will also be there to answer your questions on Saturday. Please plan to stay for lunch and visit the many activities on post during the afternoon. The Survivor Benefit Plan or SBP as we know it will be on of the issues being debated during the House and Senate Conference to iron out differences in the two versions. The Senate defense bill would implement 30-year paid-up SBP as of 1 Oct 06 (rather than waiting until 2008 under current law). There is nothing in the House bill on this. The Senate defense bill would end the deduction of the VA's Dependency and Indemnity Compensation (DIC) from SBP when the member's death was caused by service. Again, there is no such provision in the House bill. Bottom line, keep the messages flowing to your Congressional representative. We have some new members on the Council: SFC(R) Joseph N. Barnes and SFC(R) Bernett Jergenson, they and the other members of the Retiree Council look forward to seeing you on 27 October.

Retirement Services Officer's Message

Chris Moore

As the co-chairs mentioned, it is almost time for the annual Retiree Appreciation Days. You and your family are cordially invited to the 2006 edition to be held Friday, 27 October and Saturday, 28 October 2006. We have designed the program with you in mind so please join us. With our featured speaker and representatives from several organizations providing informative answers and updates on retiree issues, you will want to make plans to be here. Only by your attendance at the military Retiree Appreciation Days are we able to consider this event a true success and ensure it's continuance in the future. I personally look forward to serving you with any assistance you may need. One important item for me continues to be changes-of-address. After receiving numerous changes-of-address requests, I notice the SSN is not included. I understand your hesitation in sending this important piece of information through the mail however, it is needed for me to change your address in the system. If you have questions or need assistance with retiree issues, the Ft Rucker RSO number is (334) 255-9739 or (800) 240-9373, and e-mail is retirees@rucker.army.mil. Let us hear from you.

RSO WEBSITE & HOME PAGE

The Ft Rucker Retirement Services website is at www.rucker.army.mil/dhr/mpdag/index.htm. Many links are available including the Ft Rucker home page, the Army RSO site, Ft Rucker Retiree Council information and Retiree Bulletins as well as links to the Army G-1 website. Please bookmark this address and use it often.

**32ND ANNUAL FORT RUCKER APPRECIATION DAYS
27-28 OCTOBER 2006**

The Fort Rucker Commanding General, Retiree Council, and Retirement Services Office welcome you to the 32nd annual Retiree Appreciation Days. Please use this agenda in making your selection prior to mailing in the pre-registration form.

27 October 2006: Retiree Health Fair to be Hosted by Lyster Army Health Clinic

Lyster Army Health Clinic will host the annual Retiree Health Fair on 27 October 2006 from 8:00 a.m. until 2:00 p.m. during the Retiree Appreciation Days. As always, the Retiree Health Fair will afford you the opportunity to have screenings for your blood pressure, cholesterol, and cancer screenings. There will be educational material and classes concentrating on the health status of older adults. Today we are living longer and have more conditions to learn to cope with than our parents did. Education on what causes these problems, prevention and how to treat these conditions will be the concentration of the educational material and classes. Topics will include, but not limited to, healthy nutrition, depression and dementia, bone health, hormone replacement therapy and others. The Immunization Clinic will be providing flu shots depending on availability. The parking lot on the east side of the clinic will be available for parking providing easier access to the health fair area. It is the goal of the Lyster Army Health Clinic staff to provide you with information that will enhance your health and enable you to become more adept in dealing with any medical problems you may already encounter. We look forward to seeing each of you at the Retiree Health Fair on October 27, 2006!

REVIEW AND RETIREMENT CEREMONY, 4:00 p.m.: The retirement ceremony will be held at 4:00 p.m. on Howze Field (formerly known as Center Parade Field), Novosel Street, across from the Post Headquarters. There will be reserved seating for retirees, family members, and their guests. Inclement weather location will be inside the Aviation Museum on Novosel Street.

COMMAND GROUP – RETIREE SOCIAL & DINNER, 4:30 p.m.: The Command Group – Retiree Social and Dinner will be at the AVIATORS' LANDING immediately following the Review and Retirement Ceremony with a pay-as-you-go bar opening at 4:30 p.m. The Social and Dinner have been combined and is open to those who have registered and paid in advance for dinner. Come socialize with your fellow retirees and the command group. The dinner buffet will begin at 5:30 p.m. Please limit the buffet to one trip until all participants have a chance to eat. Be sure to get your tickets for the door prize drawings!

Dinner Buffet Menu: Sliced Roast Beef, Herb-Roasted Chicken, Whipped Potatoes, Green Beans Almandine, California Blend, Garden Salad, Rolls, Coffee and Tea. **COST IS \$15.24 PER PERSON AND MUST BE PAID IN ADVANCE.**

28 October 2006: All Activities at the Aviators' Landing

BREAKFAST BUFFET, 7:00 a.m. (advance reservations only): Cost is \$8.92 per person

Breakfast Buffet Menu: Scrambled eggs, Creamed Beef (SOS), Bacon, Sausage, Grits, Biscuits, Assorted Jellies, Coffee, and Orange Juice.

RAD GENERAL SESSION, 8:00 a.m. – 11:30 a.m.: Guest Speaker MG(R) William M. Matz, Jr., President, National Association for Uniformed Services and a representative from Ft Mitchell National Cemetery will both present programs. A panel consisting of Ft Rucker staff, Veteran's Administration, and Social Security Office representatives will brief on retiree issues and answer questions. Drawings for door prizes will be held throughout the morning.

LUNCH BUFFET, 11:30 a.m. (advance reservations only): Cost is \$8.63 per person.

Lunch Buffet Menu: Southern Fried Chicken, Potatoes Au Gratin, French-Style Green Beans, Buttered Mexican Corn, Garden Salad, Rolls, Coffee and Tea.

JOIN US FOR FUN, FOOD, AND DOOR PRIZES AT THE 2006 RAD!!

Commonly Referenced Fort Rucker Numbers

AAFES (Main Store)	503-9044	Pools	255-3386
Adjutant General (AG)	255-2700	Post Office	598-6446
Army Community Service	255-3817	Reloc/Lending Hanger	255-3161
Army Emergency Relief	255-2341	Rent –All, AAFES	598-3092
Army Lodging	598-5216	Retirement Services	255-9124
Auto Craft Shop	255-9725	Retirement Svcs (Toll Free)	800-240-9373
Aviators' Landing	598-2426	SJA, Legal Assistance	255-3482
Barber Shop (AAFES)	598-4484	Spiritual Life Center	255-3903
Beauty Shop (AAFES)	598-4315	Staff Duty Officer	255-3100
Bowling Center/Pro Shop	255-9503	Tailor/Alteration Shop	598-2312
Burger King	503-9044, ext 220	Theatre, AAFES	255-2408
Casualty Operations	255-9081/9005	Thrift Shop	255-9595
Chapel, Main Post	255-9893	Tire Shop/Auto Parts	503-9338, ext 109
Child Development Center	255-2262	Vehicle Registration	255-3168
Civilian Personnel Office	255-9165	Veterinary Treatment Facility	255-9061
Claims	255-3323	Volunteer Coordinator	255-3949
Class Six	503-9044, ext 283	Youth Services	255-9108
Cleaners PX Annex	598-3417		
Clothing Sales	503-9338, ext 105		
Commissary	255-9177		
Community Health Nurse	255-7930		
Community Recreation Division	255-3878		
Consumer Affairs/Financial Div	255-9631		
Craft Center	255-9020		
DEERS	255-2182		
Dir Morale/Welfare/Recreation	255-2100		
Employment Assistance Program	255-3949		
Equestrian Center	598-3384		
Flowers Shop, AAFES	598-1678		
Four Seasons	503-9044, ext 252		
Golf Course	255-9539		
ID Cards	255-2437		
Indoor Center	255-2296		
Info Tours & Reg (ITR)	255-9517/2997		
Job Line	255-3375		
Lemon Lot Info	255-9020		
Library	255-3695		
Lyster Health Clinic	255-7000		
Managed Care	255-7230		
Military Police	255-2222		
Mini Mall Shoppette	503-9338		
Outpatient Medical Records	255-7109		
Optical Shop	503-9603		
Outdoor Recreation	255-4305		
Patient Appointments	255-7000		
Patient Representative	255-7337		
Pharmacy	255-7000		
Physical Fitness Center	255-2296		

Other Commonly Referenced Numbers

Dept of Veterans Affairs	800-827-1000
DFAS-Cleveland	800-321-1080
DFAS-CL (Fax #)	800-469-6559
DFAS-Denver	800-435-3395
DFAS Casualty Notification	800-269-5170
NSLI/USGLI	800-748-5822
Social Security Admin	800-772-1213
SGLI/VGLI	800-419-1473

Local VA Offices

Website: www.va.gov

Coffee County	334-894-2171/5858
Covington County	334-222-5481
Crenshaw County	334-335-6568
Dale County	334-774-5550
Geneva County	334-684-5657
Houston County	334-677-4749
Mobile County	251-574-8578/8579
Pike County	334-566-1780

Local Area Hotels

The Lodge, Daleville, AL	334-598-6304
Jameson Inn, Ozark, AL	334-774-0233
Green House Inn, Daleville, AL	334-598-1475
Days Inn, Enterprise, AL	334-347-3297

CONTACT OUTDOOR RECREATION AT (334) 255-4305 TO RESERVE YOUR OWN SPOT AT ONE OF THE 30 NEWLY PAVED RV PADS LOCATED AT LAKE THOLOCCO. RATES ARE ONLY \$15/NIGHT OR \$75/WEEK. CALL TODAY!

CASUALTY REPORTING PROCEDURES

Retiree deaths should be reported to DFAS by calling (800) 321-1080. Please be prepared to provide the retiree's name, Social Security Number and date of death along with contact information for the retiree's designated beneficiary or next-of-kin. Upon receipt of the casualty report, a DFAS representative will enter all information to initiate casualty processing.

FUNERAL HONORS

Ft Rucker supplies an Honors Team for deceased active duty, retirees, POWs, Medal of Honor recipients, and honorably discharged veterans for most of Alabama and the panhandle part of Florida. Funeral Honors must be requested no later than 24 hours prior to the funeral service to allow time for Honors Team notification, preparation, and travel. To request Funeral Honors, inform your funeral director or call the Ft Rucker Casualty Operations at (334) 255-9081/9311 or (800) 661-1407. If you live in Mississippi, the Ft Polk Casualty Operations should be contacted at (888) 474-0377. Verification of service for veterans must be provided; usually a DD Form 214 or similar discharge document showing honorable service. Retiree's service can be verified by the Casualty Office.

NATIONAL CEMETERIES

Ft Mitchell Cemetery, Seale, AL	(334) 855-4731
Mobile National Cemetery, Mobile, AL	(850) 453-4108
Barrancas National Cemetery, Pensacola, FL	(850) 453-4108
Biloxi National Cemetery, Biloxi, MS	(228) 388-6668
Natchez National Cemetery, Natchez, MS	(601) 445-4981

TRICARE HEALTH, DENTAL CONTACT INFORMATION

Retirees in Alabama, Mississippi, and the Florida Panhandle (TRICARE Region 4, GulfSouth), can contact TRICARE at (800) 444-5445 or their website at www.humana-military.com. The retirees Delta Dental Plan toll free number is (888) 838-8737 or their website is at www.trdp.org.

Retirement Services Office Toll Free Number

To better serve the retiree community, the Ft Rucker Retirement Services Office has a toll free telephone number; the number is (800) 240-9373. This number is for outside the local calling area only. Local callers should use (334)255-9124. When calling, be sure to have the full name of the retiree and/or spouse as well as SSNs, address, and a telephone number for the RSO to return phone calls.

PROCEDURE TO UPDATE ID CARDS AND DEERS

When it is time for a family member to renew an ID card, one of the following must be done:

1. The sponsor comes in with the family member to sign the application.
2. The sponsor comes in before the family member, completes and signs the paperwork. The family member can then come in any time within 90 days to renew the ID card.
3. The family member can renew the ID card without the sponsor's signature if that family member has a valid power of attorney authorizing them to sign for the sponsor.

DEERS RESPONSIBILITY

Sponsors are responsible for ensuring their DEERS record remains up-to-date. Events such as divorce, children's marriage, children joining the service, etc., affect the eligibility of benefits of these family members. Failure to update DEERS could result in the sponsor being held responsible for medical claims filed for unauthorized family members.

The ID card section/DEERS section is located in the Soldier Service Center, Building 5700, Room 160. Telephone numbers are (334)255-2182/1857/9040/2437. Hours of operation are 7:30 a.m. – 4:00 p.m., Mon – Fri.

Comments concerning Echoes should be directed to the editor, Army Echoes, HQDA, 200 Stovall St, Room 3N33, Attn: DAPE-RSO, Alexandria, VA 22332-0470. E-Mail to Laura.Paul@hoffman.army.mil.

Updating Your Address and Beneficiaries

To ensure proper receipt of tax documents, retiree account statements (RAS) and the latest retiree informational releases, it is important to keep your mailing address current with DFAS-Cleveland. You can contact DFAS toll free at (800) 321-1080.

LOCATE THE ID CARD OFFICE NEAREST YOU

For those of you not living close to a military installation, you can locate the ID card/DEERS office closest to you by going on-line at <http://www.dmdc.osd.mil/rsl/owa/home>. You can enter your town, state, or zip code and find the nearest location with street, city, and phone number. There might be a National Guard/Reserve site close to you for ID card issue and DEERS updates.

The National Personnel Records Center Online Records Request

The National Personnel Records Center has provided the following website for veterans to request their DD Form 214 online: <http://vetrecs.archives.gov>. This may be particularly helpful when a veteran needs a copy of his DD Form 214 for employment purposes. Military veterans and the next of kin of deceased former military members may use the online military personnel records system to request documents. Other individuals with a need for documents must still complete the Standard Form 180 which can be downloaded from the online website. The web-based application was designed to provide better service on requests by eliminating mailroom processing time. Please note there is no requirement to type "www" in front of the web address

COMMISSARY

The Ft Rucker Commissary will be having a Case Lot Sale on 15-16 Sep 06. Plenty of items will be available. Additional information can be found at the Defense Commissary website <http://www.commissaries.com>.

Fort Rucker Information, Tickets and Reservations Office

The ITR Office sells discounted tickets to such destinations as Disney World, Sea World, Universal Studios, Busch Gardens, Six Flags Over Georgia, Dollywood, the Alabama Space and Rocket Center, and a variety of dinner shows in the Central Florida area. We are now carrying some of the shows in Branson as well. A ticket rate sheet will be sent on request. ITR can assist you in obtaining hotel reservations nationwide plus information about reservations at Shades of Green. ITR also has information on the Armed Forces Vacation Club through which you can make reservations at condominiums throughout the world.

The Ft Rucker Information, Tickets and Reservation Office invites you to join us on the remainder of our tours planned for 2006. All of our land trips are on a chartered motor coach so that you can travel in comfort and leave the driving to us! Our tours are open to all active and retired military, their family members, and guests -- so bring along a friend.

The ITR Office is located in the Soldier Service Center, Bldg 5700, Room 130. Office hours are from 9 a.m. to 5 p.m., Monday through Friday; the office is closed for lunch from 1-2 p.m. Call (334) 255-2997 for information concerning tours, tickets, or reservations. You can also write to ITR at: P.O. Box 620189, Ft Rucker, AL 36362 or e-mail LindsayH@rucker.army.mil. Let us put you on our mailing list (both regular and e-mail) so you'll be the first to find out about our tours!

HUMANA MILITARY TRICARE SERVICE LINE

If you have questions about TRICARE, please call (800) 444-5445 or www.humana-military.com

ARMED FORCES RETIREMENT HOME

There are two Armed Forces Retirement Homes, one in Washington, DC (800) 422-9988, and the other in Gulfport, MS, (800) 332-3527.

Army Family Action Plan (AFAP) Conference, Be a Part of the Solution!!

Fort Rucker will host the AFAP Conference, 17-18 October 2006 at Aviators' Landing. Is something on your mind? Submit your issue for inclusion in the AFAP conference. This is your opportunity to affect policy and regulation. Contact the AFAP Program Manager at (334) 255-2382 or via email at delane.stewart@rucker.army.mil.

**2006 FORT RUCKER RETIREE APPRECIATION DAYS
REGISTRATION FORM**

Please complete the following application and return to the Retirement Services Office NLT 20 October 2006. Make your check payable to IMWRF or furnish credit card info below, and mail to Cdr, USAAWC, ATTN: Retirement Services, Room 161, 5700 Novosel Street, Ft Rucker, AL 36362-5000. Sorry, we cannot take cash. For planning purposes, we must have reservations for meals. **NO TICKETS WILL BE SOLD AT THE DOOR.** Also, advance notice of your intent to attend the Health Fair, Retirement/Review Ceremony, or General Session will enable us to adequately provide desired services and prepare a welcome packet with name tag for you.

RANK	NAME (LAST, FIRST, MI)	PHONE (WITH AREA CODE)
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MAILING ADDRESS (P.O. BOX OR STREET, CITY, STATE, ZIP CODE)

STATUS: ☐ RETIREE ☐ SPOUSE ☐ WIDOW(ER)

SERVICE: ☐ ARMY ☐ AIR FORCE ☐ NAVY ☐ MARINE ☐ COAST GUARD

NAME OF PERSON(S) ATTENDING WITH ME (For registration purposes):

I WILL BE ATTENDING THE FOLLOWING ACTIVITIES (Check all that apply):

FRIDAY, OCT 27

SATURDAY, OCT 28

☐ Health Fair

☐ General Session

☐ Retirement/Review Ceremony

☐ Command Group Dinner

RESERVATIONS:

Please place my reservation for the following meals in the numbers indicated:

Eating

_____ Friday Night Buffet(s) @ \$15.24 per person \$ _____

_____ Saturday Breakfast Buffet(s) @ \$8.92 per person \$ _____

_____ Saturday Lunch Buffet(s) @ \$8.63 per person \$ _____

TOTAL COST OF MEALS \$ _____

(Please enclose check made payable to: IMWRF or provide credit card info below)

IF PAYING BY CREDIT CARD, ENTER THE FOLLOWING INFO (Please Print):

MASTER CARD VISA (circle the appropriate one)

Card Number _____ **Expiration Date** _____

Name as it appears on the card: _____

Signature _____

REMEMBER THE DOOR PRIZE DRAWINGS FRIDAY NIGHT AND SATURDAY!!

Inside this Retiree Bulletin

- ID Card Hours & Procedures
- Local National Cemeteries
- Requesting Funeral Honors
- Retiree Telephone Contact Numbers
- 2006 RAD Program & Registration

COMMANDER USAAWC
ATTN: IMSE-RCK-HRM
5700 NOVOSEL ST, ROOM 161
FORT RUCKER, AL 36362-5000

OFFICIAL BUSINESS